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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

FRIDAY, December 5, 1941

SUBJECT: "CEREAL DESSERTS." Information from home economists of the U. S. Department of Agriculture.

--ooOoo--

I don't know how your family is, but at our house we have a definite weakness for desserts. We think a meal without any dessert at all just isn't what it might be. Not that we like our desserts to be very elaborate. We seldom have rich pies or rich cakes. But a simple sweet, like a cookie or two, or some fruit, or a small serving of pudding seems to round out the meal for us.

So today I'm bringing you suggestions from the home economists of the U. S. Department of Agriculture about simple desserts you can make from cereals -- puddings, and cookies.

A cereal dessert can be a real culinary bargain, the home economists believe. That's because cereals are first of all inexpensive energy foods. Right now you know, of course, that corn and wheat, our two most common cereals are on hand in almost superabundance.

Another thing--whole-grain cereals are topnotchers when it comes to important food values. By whole-grain cereals I mean all those that have had none or very little of the branny layers and the germ part of the kernel taken off in processing. Naturally, the more of these left on, the better, as far as food value is concerned. For it is in the germ and in the branny layers of the kernel that grain plants store their vitamins and minerals.

These whole-grain cereals are especially valuable in low-cost meals, because they furnish some of the vitamins and minerals likely to be low in diets when families have to cut their quota of milk, and eggs, and fruits, and vegetables to the minimum.

1917

THE UNITED STATES OF AMERICA
DEPARTMENT OF AGRICULTURE

OFFICE OF THE SECRETARY
WASHINGTON, D. C.

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FROM THE HONORABLE THE SECRETARY OF AGRICULTURE

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As for the refined cereals, they make good desserts too. And you can improve the food value as well as the flavor of desserts made from any kind of cereals by adding other nutritious ingredients like milk, and molasses, and peanuts, and dried fruit.

But so much for the food-value. Now for some actual desserts you might like to try.

Of course, you're familiar with the bread puddings. These are some of the easiest-to-make of all desserts. And you can make them of either white bread or whole-grain bread.

One way to vary a bread pudding as well as to add extra food value to it is to add dried fruit. No doubt you've put raisins in bread pudding, but have you tried dried peaches, dried apricots, dried apples, or prunes with the stones taken out? Be sure to stir the bread pudding after it becomes partially set, so the fruit won't sink to the bottom.

Another good cereal dessert is a baked pudding made from cooking a cereal in milk. The two examples I have from the Bureau of Home Economics are baked Indian pudding made from corn meal, and creamy rice pudding.

For these puddings you can use any kind of corn meal, and either brown or polished rice, depending on whether you want the extra food value of the whole-grain cereal or not.

For the baked Indian pudding many cooks like yellow corn meal best, because it makes pudding of a golden yellow color.

And here, briefly, is the way to make Baked Indian Pudding.

For a pudding to serve a family of 5 or 6 you need 1 quart of milk

1/3 cup cornmeal..... 1 teaspoon salt..... one-half cup molasses..and one-half to 1 teaspoon ginger. First cook together the milk, the cornmeal, and the salt in a

double boiler for about 20 minutes. Then add the molasses and the ginger. Pour it all into a greased baking dish. Bake in a very moderate oven for 2 hours.

You can chill baked Indian pudding and serve it with cream or top milk. For a company dish serve it with just a little vanilla ice cream on top of each helping.

Now the baked rice pudding is about the same idea. That is, you cook the rice in milk for a long time -- 2 and a half to 3 hours in a slow oven. For 1 quart milk you need only 3 tablespoons of uncooked rice. About one-third cup of sugar will sweeten this pudding. And you can add salt, and nutmeg or cinnamon to taste. Also, if you like, add 1/2 cup of raisins.

Wash the rice and stir it into the rest of the ingredients. In other words, you stir all the ingredients together--the quart of milk, the 3 tablespoons of uncooked rice, the third cup of sugar, the salt and nutmeg -- and the raisins, if you use them.

And here's the important part. Pour into a baking dish, and bake for 2 and a half to 3 hours in a slow oven. Stir 3 or 4 times the first hour.

Still another good cereal dessert is whole-wheat apple sauce cake. If you have a good apple sauce cake recipe, try using whole-wheat flour for the white flour.

Another type of good cereal dessert is a cookie. And whole-grain cereal cookies are universal favorites. These include the well-known rolled oats cookies, and cookies made from whole-wheat cereal or whole-wheat flour. If you use molasses or sorghum in these cookies, they'll be even more nourishing, for sorghum and molasses add iron.

I could go on and on about good cereal desserts--but I'm sure you have your own favorites and there are plenty more recipes for them in any good cook book.

So now--just one final word. Remember that cereal desserts are rather filling. So serve them in moderate-sized helpings. And serve them in meals that haven't a lot of cereal in the main course.

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